



THE SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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Victory for Ted Cruz: The Iowa Caucus First Primary of the 2016 Presidential Election



ELISE AMENDOLA/AP

REPUBLICAN PRESIDENTIAL CANDIDATE SEN. TED CRUZ (R-TEXAS) GETS OFF HIS BUS FOR A CAMPAIGN EVENT AT GENERALS SPORTS BAR AND GRILL, THURSDAY, FEB. 4, 2016, IN WEARE, N.H.

BY PHILLIP ZELLER
Staff Reporter

Between the razor thin margin separating Hillary Clinton from the runner-up for the Democratic nomination, Bernie Sanders, and a surprising victory by Ted Cruz for the Republicans, the Iowa Caucus proved to be an interesting kick-off to stage one of the presidential contest.

On Saturday, Feb. 1, Democrats and Republicans congregated in schools, fire stations, gymnasiums, and all over the state of Iowa to vote for their candidate of choice.

Since 1972, Iowa has been the first state to hold the primary elections of the presidential race, making it an important place to do well for presidential hopefuls.

"There is absolutely no guarantee to get the nomination after the Iowa Caucus," said Dr. Gary L. Rose, Chairman of the Department of Government, Politics and Global Studies at Sacred Heart University.

The voting process differs for Democrats and Republicans.

In the Democratic Party, members meet in one of the public buildings before the start of the caucus at 7 p.m., while individuals gather in separate groups determined by their candidate, according to iowacaucus.biz.

However, only 15% of the candidates that receive support from the voters will be eligible for candidacy. When the results are sent to party headquarters, using the 15% rule, the State of Iowa Democratic Convention then selects the candidates for the National Convention.

In the Republican Party, individuals meet in one of the precincts and take a straw poll by a secret ballot. The votes are then sent to the party headquarters and are counted by the County Convention, where the convention then selects just three delegates to select each district.

In the end, the State of Iowa Republican Convention selects the delegates that will represent the candidates in the national convention.

"The results tonight are the closest in Iowa Democratic caucus history," said Iowa party chairman Andy McGuire according to CNN.

In the Democratic Party, Hillary Clinton narrowly passed Bernie Sanders with a 49.9% vote against Sanders who maintained a 49.6% vote. Martin O'Malley, however, did not make the cut for the national convention, after a 0.6% vote, effectively ending his campaign.

On the Republican side, Ted Cruz gained more votes than Donald Trump with a leading 27.6% vote over Trump's 24.3% vote. Senator Marco Rubio also appeared as an un-expected front-runner for the GOP with 23.1% of the vote.

"Tonight is a victory for the grass roots. Tonight is a victory for courageous conservatives all across Iowa and our great nation," said Ted Cruz during the televised event.

Although winning the caucus may be beneficial to the winning candidate, it doesn't guarantee a win in the presidential election.

"However, the New Hampshire Primary, which plays a decisive role in American politics and takes place after the caucus, seems to play more of a role in catapulting candidates," said Dr. Rose.

Not everyone, though, was pleased with Ted Cruz's win, especially second place winner Donald Trump.

"Ted Cruz didn't win Iowa, he stole it. That is why all of the polls were so wrong and why he got far more votes than anticipated. Bad," said Trump in a tweet.

"Donald Trump cannot tolerate losing," said Dr. Rose. "His whole mantra throughout this campaign is, 'we're going to win.'"

Regardless of how these results will compare to the final candidates selected in June, it is clear that all candidates still have their work cut out for them if they want a seat in the Oval Office.

TWEETS of the Week

@gibordier

"Lmk why I have to make a flow chart of my last McDonald's visit for my online class."

@itsxshannonx3

"My professor just went on explaining what status quo means as if High School Musical didn't teach us that 10 years ago."

@evanalmighty11

"Every time I drop my phone on the ground I think 'this is gonna be the one to end it all.'"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



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News

“We understand the importance of providing our students with the skills and experiences needed to serve our global community.”

- Carrie Wojenski, Director of Global Affairs

Nursing Study Abroad Program Receives Honorable Mention

BY DANIELLE CHILDERS
Staff Reporter

Sacred Heart University's nursing study abroad program received an honorable mention from the Institute of International Education (IIE) Andrew Heiskell Awards for Innovation in International Education, for excellence in global education.

On Jan. 25, Sacred Heart accepted the award for their commitment to educating nursing students across international borders.

This is the first Andrew Heiskell Award honorable mention that Sacred Heart has received in the past eight years of applying for this award. Due to the awards international recognition it is a highly competitive process.

“With a background in international affairs the Sacred Heart community is proud to be awarded a Heiskell Award honorable mention in recognition of the opportunities we developed to extend access of a rich array of study abroad experiences for our nursing students,” said Carrie Wojenski, the Director of Global Affairs.

The nursing program has grown significantly over the years, and it has given special attention to the education of Sacred Heart's nursing students abroad.

“The nursing program has a sustainable plan for our future growth. We continue to grow in one to two locations and are already fostering these relationships in two

countries in Africa. We are also always improving on our current programs in the Caribbean Islands and Australia,” said Sherylyn Watson, the Assistant Dean of the College of Nursing. “These programs are offered throughout all of our degrees, Undergrad, RN-BSN, MSN, and DNP. It is exciting to be a part of this team and be a cutting edge program in our global programs.”

Nursing alumni also benefit from the growth of the nursing program's international growth, as the department is offering global immersion trips for alumni on different clinical immersion trips.

“This past October, I participated in the Nursing Service Learning program in Guatemala. This experience was one of the highlights of my time here with SHU Nursing,” said senior nursing student Amanda Riccitelli. “We set up clinics to provide free health care for several communities. This experience gave me a new perspective and outlook on the nursing profession and a stronger appreciation for everything that I have here at home.”

Study abroad programs are not typically applicable to nursing programs as per time usually does not allow for such things because the course work is so intensive and chronological.

“The SHU community is proud to be awarded a Heiskell Award honorable mention in recognition of the opportunities we developed to extend access of a rich array of study abroad experiences for our



SACRED HEART UNIVERSITY WEBSITE

SACRED HEART NURSING STUDENTS HAVE MADE BIG STRIDES ON A GLOBAL SCALE.

nursing students,” said Wojenski, in an official statement from the university. “We understand the importance of providing our students with the skills and experiences needed to serve our global community.

The strides made in our nursing program are a testament to the achievability of a global experience for students in all degree programs.”

Sophomore nursing students have had the opportunity to study abroad at Sacred Heart's international campus in Dingle, Ireland.

During that time, the students are enrolled in nursing classes while also completing parts of the common core, and are also able to experience the local Irish lifestyle first hand.

“SHU is one of the first institutions nationwide to offer this early study abroad advantage to nursing students,” said Francesca Schenker, the Assistant Director of Global Affairs.

Having an opportunity for nursing students to go abroad is what sets Sacred Heart's nursing program apart from other universities.

“I have learned so much during my time here in the nursing program and feel that I have gained a strong foundation that has prepared me to be a practicing Registered Nurse,” said Riccitelli. “My time in both the classroom and clinical settings have been really been beneficial and have given me confidence in my abilities as I transition into practice.”

The Zika Virus Spreads Panic Worldwide

BY HANNAH MAXIMIN
Staff Reporter

On Monday Feb. 1, The World Health Organization made known the Zika virus' suspected link to birth defects in newborns in Brazil and announced an International Public Health Emergency.

According to the Center for Disease Control and Prevention (CDC), in May 2015, the Pan American Health Association set out a warning after discovering an outbreak of the virus in Brazil.

The CDC has issued travel notices as of Jan. 2016 for expecting mothers that plan to travel outside of the United States.

“Women in infected areas in general, should delay getting pregnant. Some research is suggesting a wait of up to two years,” said Chelsea Hoskins, an Advanced Practice Registered Nurse and Family Nurse Practitioner at Sacred Heart University's Wellness Center. “Women who are currently pregnant should be using insect repellent (with the approval from their OB/GYN), staying indoors as much as possible and wearing protective clothing.”

The Zika virus is a mosquito-transmitted infection. Its fever-like symptoms are mild and include rash, fever, and red eyes (also known as conjunctivitis).

Zika's symptoms last several days to a week.

Mosquitoes of the Aedes genus are known to spread Zika, according to the CDC.

The Aedes Genus has the ability to reproduce in tiny amounts of motionless water, which makes for a greater population of these mosquitoes.

Some people are concerned for mothers in tropical areas that are either expecting or planning to get pregnant any time soon. Due to the possibility of a direct correlation with the Zika virus and microcephaly in newborns, experts are saying expectant mothers should definitely take some sort of precaution.

The virus may continue to spread in tropical areas. It is expected to have an increase in infected peoples in the United States and internationally as well.

“If you take adequate and protective measures when traveling to a foreign country you should be able to avoid the virus,” said freshman Nicolin Goodin, a Pre-medical student.

Zika was first identified in Uganda in 1947. According



AP PHOTO/FELIPE DANA

JOSIANE DA SILVA HOLDS HER SON JOSE ELTON, WHO WAS BORN WITH MICROCEPHALY, OUTSIDE HER HOUSE IN ALCANTIL,

to the CDC, as of Feb. 2 the virus has moved into more than 20 countries in Latin America, Costa Rica, Jamaica, the United States, and Australia.

“Some of the increase of birth defects in Brazil, in relation to the Zika virus, is clearly due to a more intense scrutiny and some might be due to the Zika outbreak. It definitely should continue to be investigated,” said Dr. Keith Bartholomew, Assistant Chair of the Biology Department at Sacred Heart University.

The main concern is the Zika virus' link to microcephaly in newborns. Since the recent outbreak of Zika in Brazil, these suspicions have begun to surface.

About three million babies are born in Brazil each year, according to The New York Times.

Normally, about 150 cases of microcephaly are reported, and Brazil says its investigating nearly 4,000 cases.

The World Health Organization is upholding a strong concern and a sense of urgency due to the alarming potential link between the virus and microcephaly.

On the other hand, others aren't feeling as panicked in concerns to the Zika virus and its possible effects.

“Zika virus itself is a relatively mild disease, only one out of five people who get bitten develop symptoms-which is only about a 20% infection rate,” said Dr. Bartholomew.

“The Zika virus is a serious matter for those in tropical areas. I do believe investigation is necessary, but I do not feel the need to panic. As for expecting mothers, they should take precaution, and think twice about traveling,” said Goodin. “Anyone traveling to the infected areas should take precaution as well, expecting or not, use insect repellent and just be extra careful.”

Perspectives

Valentine's Day

SHE SAID

MELANIE...



As we all know, we're in the midst of cuffing season here at Sacred Heart, and I know many of you are probably wondering: How does Melanie feel about Valentine's Day? (Actually, I doubt any of you were wondering, but it's my column so I'm gonna tell you whatever I damn well please.)

It's very obvious that I'm a jaded individual. I don't care about many things unless they bother me, and then I rant about them for about 500 words. For reference, see my glorified emotional outburst about people who carry around water jugs. Trust me, I can get heated.

So I'm sure you're all waiting for my passionate expletives about the horror that is Valentine's Day. It's a Hallmark holiday! There shouldn't be one day a year I show my love for someone! It's just an excuse for restaurants to raise their prices! I know, I know. But for once in my life, I'm going to play devil's advocate here and ask, is it really that bad?

Yes, I want to be that girl with no expectations for Valentine's Day and be self-dependent and all that crap. "Don't you dare get me a present!" This is where I have to stop the fantasy. I don't care who you are, how old you are, or if you live in the Amazon jungle: If you are a girl, you want a present on Valentine's Day. Let me tell you a story to show this paradigm girls participate in:

Sophomore year of high school, the student government sent out carnations on Valentine's Day as part of our prom fundraiser. Now, I specifically told my

boyfriend not to send me a carnation. Why, you ask? It's a test. Women test their boyfriends, sometimes subconsciously, by asserting they don't want presents when they really do. Now, Valentine's Day rolls around and who didn't get a carnation? Ding, ding, it was me. So I ran out of class crying, and when my boyfriend saw me at lunch I was completely silent. Finally, when I told him I was upset that he didn't get me a carnation, his defense was that I said I didn't want one.

I understand that this behavior is crazy. How could I expect to get a present when I said I didn't want one? I still don't have the answer to that. All I know is that if you have a girlfriend and she says she doesn't want anything for Valentine's Day, it's a damn lie.

I'm not saying you have to go all out. I know that Valentine's Day is a marketing scam and an excuse to jack up prices on strawberries and champagne. Yes, it's a stupid and pointless day. Yes, it's annoying to haul ass to CVS and buy some overpriced box of chocolates.

But, despite all of that, Valentine's Day is a chance to take some time out of the hectic schedules of our lives and treat your love to a night out, a movie, or even just a single rose. It doesn't have to be extravagant or elegant. Just trust me; if you have someone in your life that's special to you, it doesn't hurt to make a little effort.

Thank me later.

HE SAID

ANTHONY...



Everyone sees things differently, and disposition has almost everything to do with it. So if one's in the Navy, it's more than likely one has a positive opinion of the military.

Likewise, if one is single, chances are Valentine's Day is a wildcard of a holiday; who knows how a given single person views a holiday focused on love?

For me, I'm split on this Valentine's Day charade (I'm already calling it a charade, look at this). With information we're constantly being fed by family, friends, and the media that's attached to our hips, this kind of holiday tends to be something we don't question as much as other things.

See, if I had a girlfriend right now, I'd say it's an important holiday. With the way we've been cultivated as an American society to view it, I'd say it's right up there with the yearly anniversary.

However, your man is single, so I don't have these problems. That, however, still doesn't take away from the fact that V-Day is a wildcard.

Barely removed from being a teenager, I know that being single on this occasion doesn't get you off the hook.

The hook, in fact, gets trickier to get off if you're single. For example, any friends of yours that are girls are still going to ask you who your Valentine is about 900 times; and you saying "I don't have one" to that doesn't end the conversation. They want answers or solutions. So even if you don't have a Valentine, you're forced to think about it.

A "Valentine" could also pop up out of

thin air, last minute. That's another thing that makes this holiday such a wildcard. One minute you're waiting in line for a 3-piece and fries at the dining hall, and the next you're bugging out over what kind of Russell-Stover chocolate to get at Target.

In any case, I'm not worrying about Valentine's plans; because girl or no girl to give Russell-Stover chocolate to, one of the best TV events of the middle of February will be on Feb. 14: the NBA All-Star game.

In a number of respects, watching the All-Star game would be better than concerning oneself with Valentine's Day. Simply put, it's a big cornucopia (haven't thought about that word in a while) of basketball talent, flashing lights, and Shaq and Charles Barkley cracking soon-to-be classic jokes. Plus, it's being held in Toronto this year, so Drake and Norm Kelly are bound to shake up the coverage. It's just destined to be great television.

On top of this annual weekend being great viewing, it's an excuse to hang out with your friends and eat lots of unhealthy food. Think of a better way to spend a Sunday night—you can't (unless, of course, you have a Valentine; then that's cool, too).

In conclusion of this matter, I would say that stressing over Valentine's Day isn't something one needs to partake in. If you have plans, sweet. If not, buy some wings and loaded fries and watch Russell Westbrook get the All-Star Game MVP. Also: maybe your future wife is watching the game, too.

Worst Valentine's Day Experiences

Last year on Valentine's Day I couldn't get out of my boyfriend's truck because I kept slipping on snow."

-Sophomore McKenzie DeGroot

"My first boyfriend put a dead opossum in my locker."

- Junior Emily Paro



"When you think you're getting a rock and he presents you with an amethyst geode kit."

- Junior Leanne Scorgia

"One year I was getting my wisdom teeth out the day after Valentine's Day. So I ate like a pig on my dinner date because I knew I wasn't going to be able to eat for a week. Waiter, date, and probably the whole restaurant were judging me."

- Junior Emily Murphy

Perspectives

Valentine's Day: A Hallmark Holiday?

BY JULIA PENCEK
Staff Reporter

The holiday of love, hearts and chocolate is right around the corner, Valentine's Day. Has Valentine's Day become more and more of a controversy among the millennial generation?

Some consider this day for the romantic occasion it's supposed to be, and others are celebrating "Gal-entines Day," the trending phrase for spending the day with friends, watching movies and eating candy.

Sophomore Faye Kenajian is taking the romantic route and visiting her boyfriend of five years at James Madison University for his Valentine's Day Formal. Although Kenajian is celebrating the holiday, she has an interesting perspective on the day.

"This day is really just a Hallmark Holiday," said Kenajian.

Other students are thrilled to have an excuse to spend a day with their loved ones.

Sophomore Sabrina Sadler said, "I enjoy it [Valentine's Day] being that I have a boyfriend, and it is nice because he does nice things for me."

Valentine's Day is what you make of it, from traveling to see the ones you love or just doing something genuine and thoughtful for friends.

For some people in relationships, it is refreshing to devote a day to feeling special.

Sophomore Leah Forbes said her perfect Valentine's Day would be "Buffalo Wild Wings and good movies with

my boyfriend and junk food – lots of junk food." She also thinks that this holiday could be great if you have good friends to share it with. Sharing this day with someone could mean more than cards and candy; it can also be a chance to appreciate good friends.

"Gal-entines Day" is a relatively new trend which originated as an idea from the character Leslie Knope on the popular show, "Parks and Recreation." It is celebrated on Feb. 13 by people that may not have significant others but still want to celebrate Valentine's Day.

"Gal-entines Day is the perfect way to celebrate February 14 by being with your friends and not dealing with the expectation of the holiday," said Daniel Marchelitis.

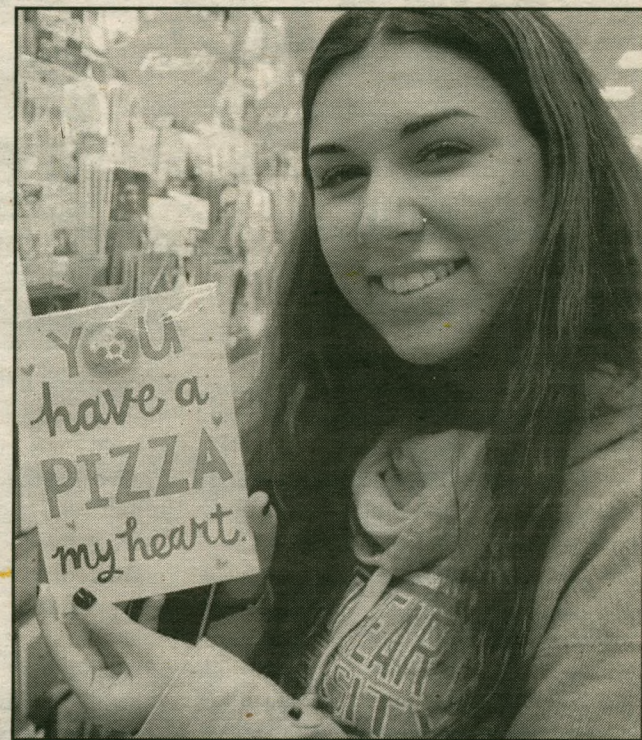
What's on his agenda for the special day? Eating a lot of chocolate and ice cream.

On the other end of the Valentine's Day debate, some students at Sacred Heart do not participate in the candy-filled celebrations.

Sophomore Marianna Battista said, "I do not think that Valentine's Day should be considered a real holiday because there shouldn't need to be a specific day to do something special and show your loved ones that you care." Marianna is choosing to spend her day by going to the Cheesecake Factory with friends and then renting a movie and eating candy. She believes that more people are doing "Gal-entines Day" than the standard stereotypical Valentine's Day.

Any way one chooses to spend Valentine's Day, be it dinner with a significant other, movie marathons with friends, or just sending a card to someone special can make

the notorious "Hallmark Holiday" a little brighter. And for the singles community at Sacred Heart, Feb. 15 is national 50% off chocolate day.

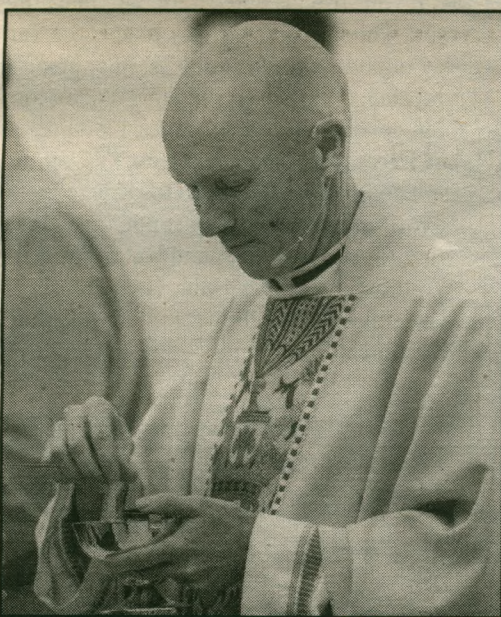


CARA FUSILLO/SPECTRUM

SOPHOMORE TORI GILBERT CHECKING OUT FUN VALENTINE'S DAY CARDS JUST IN TIME FOR THE HOLIDAY

Farewell to Heart Father David Buckles' Perspective

BY GIANNA IANNOTTI
Staff Reporter



MARK F. CONRAD/SACRED HEART UNIVERSITY

FATHER BUCKLES PASSING OUT COMMUNION DURING MASS AT THE UNIVERSITY'S CHAPEL

Sacred Heart University's family has grown smaller recently, as Father David Buckles has taken a new position that allows him to follow his passion of giving back to those in need.

Buckles has left his position as university chaplain and taken a position at Hoboken University's Medical Center.

The hospital he will be doing his ministry work through has a large percentage of Catholic patients, and the need for a Catholic Chaplain is a high priority.

Father Buckles said that he always had a desire to do hospital ministry work. However, when the opportunity arose it was a tough choice for him to make.

"The life of the students, they're just so

full of life and joy and excitement and passion for so many things and I will miss that so much," said Buckles.

He did not want to leave the students that he has formed such strong connections with, as well as having to leave Sacred Heart without a chaplain.

Father Bruce Roby has now taken on the role of university chaplain, celebrating his first mass with the Sacred Heart community this past Sunday.

Though Buckles will miss Sacred Heart University he felt that the calling to hospital ministry was the right choice to make.

Buckles recalled that one of his fondest memories was being a part of "Dancing With Heart."

"It was so much fun to be in front of students that were so enthusiastic, and to work with Michelle who was my partner... To be a part of people who were having so much fun on stage," said Buckles.

After so many fond memories, Buckles stated that it would be hard to leave Sacred Heart and not come back to visit. He does not want to take away from the new chaplain's relationship with the student body and staff by coming to visit.

But when reflecting upon it, Buckles said, "How could you leave and not come back to touch base with your family?"

Until his next visit, Buckles wants to leave Sacred Heart students with some final words of advice:

"This time in their life is so important to understand who they are and who the important people in their lives are. Just pay attention to every event, because it's a time in your life you look back to and it defines so many things of your future."

"Global" Issues Students Discuss Campus-Wide Emails

BY CARA FUSILLO
Staff Reporter

Students at Sacred Heart University are incredibly familiar with what is known as the dreaded global, a.k.a. global emails. Students get emails about what is happening on the Sacred Heart Campus every day.

"We get a lot of emails, but they keep me informed about what is going on and it's kind of the only way I know what things are happening on and around campus," said sophomore Tori Gilbert.

While global emails can greatly enhance student awareness about campus activities and policies, some students find them bothersome.

Junior Taylor Kelly said, "I feel like they are excessive and unnecessary. Half of them don't even apply to anything I do or want to be a part of."

Many feel that the emails are annoying due to the fact that the target audience is not applicable to their situation.

"I think we get way too much, because there are some things I really don't care about, for example, other majors," said junior Sarah Krufka.

But just how many emails are too many? A number of students say that they find themselves deleting more emails than they actually read.

"For SET, we try things besides just global sending," said senior Caroline Valenzano, President of the Student Events Team on campus. "It's hard because everyone deletes the emails so we don't know how to get out information, but email is the easiest since everyone at Sacred Heart has an email."

Many students believe that there should be a better filtering system for

the global emails. Academic departments are only allowed to send out a certain amount of emails per event.

"I could wake up at 10:00 a.m. and already have 30 emails," said Valenzano. "I get so many emails that don't apply to my life and the ones I do probably get lost in the shuffle of constantly hitting the delete button."

There are certain events on campus that students like getting email reminders about.

"I feel like we should be able to express interest in things and then they email us things based on what we are interested in," says Kelly.

Further, for popular events that many students want to attend, getting frequent reminders is helpful for a busy college student.

"I think that the events, like the hypnotist and the mind reader, are alright, but for other clubs, I see no use in getting them," said Krufka.

Although a filtering system may prove helpful for students and faculty, implementing one would be incredibly difficult. Valenzano says, "This is something that has been brought up in Student Government before, but it's just so hard to filter the emails. But it would definitely be helpful and people would appreciate it more if it were filtered."

Editorials

meetTHESTAFF

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Living With Modern Media

ANTHONY SANTINO
ASST. SPORTS EDITOR



From the minute we wake up to the minute we go to sleep, screens, images, and all kinds of media are there for viewing. At this point, it's hard to think of moments when there aren't media present.

In so many ways, it's great to have seemingly limitless amounts of information at our fingertips. However, having mobile accessibility to things like social media, YouTube, and the like can also be a detriment. As a student, I always find productivity could be easily slowed up because of such distractions.

On an off moment, I might be so happy that writing my paper is going well that I "reward" myself by checking social media as an outlet. And then that becomes 20 minutes of scrolling through a feed that shows what my friends are doing, which is usually nothing I couldn't find out from talking to them if it's important. Then again, I guess it's not that big of a deal...until you realize you're doing that all throughout the day.

I do have days where I barely look at my phone because of being busy, which is great, but leisure time is often laden with checking my cellular piece. I've gained some more insight into the reasons for this lately, though.

I'm currently taking a Media Literacy class, and we just talked about cultivation theory and how television corporations basically embed ideas into the average consumer through repetition and placement. This is something I've noticed, and I think most people notice too, but the crazy thing is: it works. It started as a study on television patterns back in the day, but the idea could definitely apply to other media, too.

For one of many examples of finding myself being cultivated, I recently bought a certain Head & Shoulders shampoo because, while at Target, I remembered a commercial with NFL star Odell

Beckham, Jr. that promoted the product. And I was probably (more like definitely) thinking, "If it's good enough for Odell, it's good enough for me." A lot of it probably had to do with when I was watching the commercial, on what network, and how it was shot; so well played, Head & Shoulders.

Even though that advertising worked well, I'm fine with it because I at least know it was effective. I thought about it, said to myself, "hey, I need shampoo," and bought it. So it's Head & Shoulders—big deal. This proved to me that, even if being inundated by media might sound annoying, it might sometimes be no big deal in terms of practicality. A commercial comes on, you need shampoo, you go for it; problem solved.

To get back to thinking about constant contact with media, it might not be as bad as it's made out to be because it does provide stress-relief in some instances. When someone's having a long day, perhaps they go to Netflix to forget about it. Or after a long day of work, maybe the heavily promoted Victoria's Secret Fashion Show is what someone wants to check out. Lots of media—it can be television, Twitter, or whatever—are essentially forms of entertainment that, yes, can be distracting, but some people might want it that way. Others, too, might not be affected by it in that way, and so media works with, rather than against them.

In any case, we're surrounded by things that do help shape the way we see the world and how we live in it, whether we like it or not. If it's a negative influence in your life, then avoid it. If it's not, then scroll on.



Somewhere Beyond the Sea

NATALIE CIOFFARI
A&E EDITOR

"Somewhere beyond the sea, somewhere waiting for me..." Every morning I wake up and hear this song play. And for all you college students who do not know this amazing tune, it's called "Beyond The Sea" by Bobby Darin.

I believe that music is an incredible way to express one's mind, beliefs, feelings, etc. So being that this song is one of my favorites, it has a lot more meaning to it than one thinks.

2016 has been a wild ride for me, and it's only February. It has put me in a position where I do not feel like myself, and am questioning a lot that I want. And while others may think that everything is going great, there is more than meets the eye.

Every week, I have a full work load of classes and homework. On top of that, I am involved with a copious amount of clubs, and I intern at MTV, which means I commute into the city twice a week. Do not get me wrong, I love the schedule I have, the people I have met, and the internship I obtained. And in case you were wondering, MTV is just as amazing as it sounds.

But, sometimes I wonder and wish about the things outside of the world I live in, and what is really there at the other end. I am a journalism student, so naturally my mind is constantly wondering in the creative world, and the news world. However, there is the frequent bypassing thought of "what else is there?"

So, that is where "Beyond The Sea" comes in. What REALLY is there beyond the sea? Or, in my terms, beyond the everyday life of classes and work.

Bobby Darin talks about a woman in his song, and how he cannot wait to finally be in her arms, kissing her – how when he gets "beyond the sea," there she will be. This is a short interpretation of the song, but I like to think of my version as a way to help me throughout life.

Beyond the "sea" is my dream of being a successful journalist. Beyond the "sea" is a life where I do not question, rather I just happily live. This song is a reminder that while everything may seem intense, sad, and questionable, that you will make it to the other side. Pain is only temporary.

Getting to the other side may take time, a lot of time actually, but in the end there will be "no more sailing," the ending lyrics of Darin's song. Well, in my eyes, no more doubting yourself, and no more worrying about the things that do not matter to you.

Being not only emotionally exhausted, but academically exhausted all the time is not a fun combination. But I am confident that in the end, with the help of Bobby and other musical geniuses, that life will be okay.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

Club Spotlight: Real Estate Club

BY MICHAEL MENACHE
Staff Reporter

Sacred Heart University is now offering an opportunity for students to learn more about real estate. The Real Estate Club held its first meeting on Tuesday, Feb. 2.

Roughly 35 students were in attendance and a majority did not have a business background.

Junior William Kassir, the president of the real estate club, could not be more pleased with the amount of students that attended the first meeting.

"I wanted to start this program so that I could get some kind of education on a secondary income. It also teaches people what they are getting themselves into when they buy real estate. I just want people to learn," said Kassir.

Kassir believes that this club will benefit many students here at Sacred Heart as long as they take full advantage of what the club has to offer. Kassir and the e-board members have already scheduled speakers that have a background in real estate to attend their weekly meetings. The board is hoping that The Real Estate Investing Association of Connecticut will be one of the club's first speakers.

"I have a pretty close bond with this association so they were more than happy to offer their time," said Kassir.

The real estate club isn't just a history lesson either; Kassir and the other e-board members want to go out and get hands-on experience. They also want to provide internships for students who are in need of one.

Kassir and senior Tiffany Abruzzese have already been offered internships with real estate companies. Abruzzese is the social media director and secretary, and is also a co-founder of the real estate club.

"For me this is more than putting pictures on Instagram and getting our name out there on Twitter. I want to provide information for students who don't know about real estate, and I want to create job opportunities," Abruzzese said.

Abruzzese and Kassir both had to turn down these internships due to scheduling. However, they were able to set up one of their fellow real estate club members with the job.

"That's what we do here. We try to help everyone



JULIANNA MAURIELLO/SPECTRUM

PRESIDENT AND MY VICE PRESIDENT OF THE REAL ESTATE CLUB RECRUITING AT THE CLUB FAIR LAST WEEK

accomplish the goals they set when they walk into these meetings," said Abruzzese.

Junior Anthony Milone is another co-founder of the Real Estate Club who also believes that this organization can benefit many.

"A majority of people in this nation don't understand the effects of housing and the risk of buying property," said Milone.

Milone, the vice president of the Real Estate Club, doesn't plan on making real estate his number one form of income. However, he does have the plan to invest in some kind of commercial property as a secondary income.

"I cannot stress enough how important it is for people to understand that you don't need a business background in

order to be successful in the real estate business. It doesn't matter what major you are studying at school, if you understand the business than you can succeed," Milone said.

The Real Estate Club is still accepting Sacred Heart students interested in joining.

Anyone with an interest in this up-and-coming club can attend their meetings every Tuesday at 7:45 p.m. in the business building, E-148.

Feeling the Love



CARA FUSILLO, MANUEL VARGAS, AND TYKERA CARTER/SPECTRUM

Features

Now Auditioning: SHU Hip-Hop Crew

BY **CAITLIN MORRISSEY**
Staff Reporter

The Sacred Heart University Hip Hop Crew will hold open auditions on Wednesday, Feb. 17 from 9:30 p.m. to 11:00 p.m. in the Pitt Center aerobics room.

The Hip Hop Crew, which was created in September of 2014, is now in its fourth semester, and gives students an opportunity to dance, and perform, while earning college credit. The mission of the dance crew is to allow dancers an opportunity to showcase their skill and passion for dance and music while here at school.

The Hip Hop Crew's website states that their mission is to, "provide the opportunity for each and every student to pursue their passion for dance we execute: enthusiasm, good will, pass no judgment, and consistently strive for both personal and physical growth. We aim to uplift one another in mind and spirit. Most of all, we always act with extreme integrity."

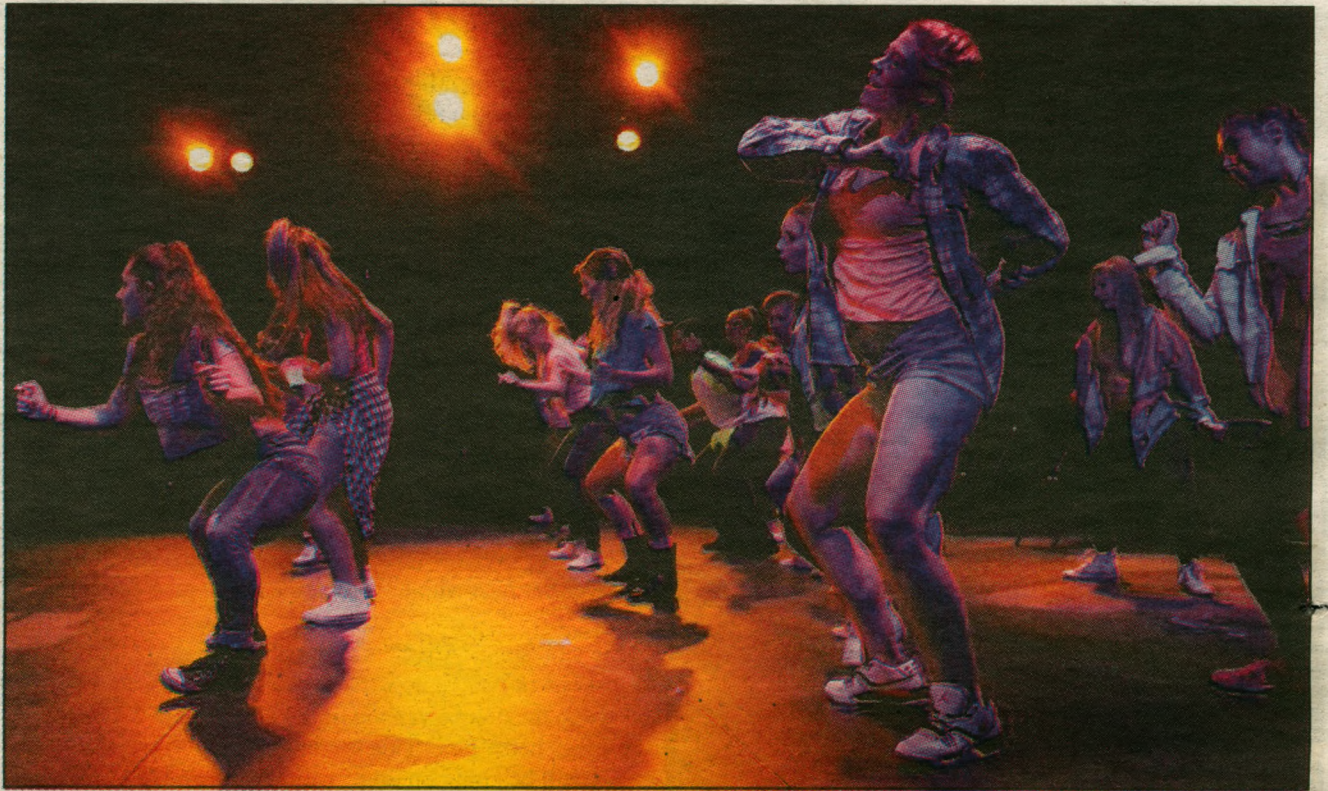
The Crew, which currently has 23 members, is looking to add to their roster through their upcoming open auditions.

"Some of our members from first semester are studying abroad, transferred, or cannot participate because of other commitments during this semester. We are looking to fill their spots second semester," said the head faculty advisor, Maria Cherniske.

Cherniske and her assistant, Lizzie Fieitas, have yet to decide how many new members they will accept after the audition. If you do become a member of the crew you will participate in two major performances at the Edgerton Theater, and also have the opportunity to perform at other colleges and universities throughout Connecticut.

"This semester we have a group of students from the ensemble who will start competing. Our first competition is at Quinnipiac University on February 28, 2016," said Cherniske.

Current members of the crew train in numerous styles of



MELISSA O'ROURKE/SPECTRUM

MEMBERS OF THE HIP HOP CREW SHOWING OFF THEIR SKILLS AT THE EDGERTON THEATER

dance such as ballet, tap, and even contemporary, but they focus on hip-hop at practices and rehearsals.

The Crew has also taken masters classes in dance styles such as "krumping," "house," "break-dancing," "hip hop fundamentals," "street jazz," and "jazz funk." This semester the Crew will be building their skill sets by taking a class in "step" as well as in "voguing", a form of dance in which the performer imitates poses typically done by models on a cat-walk or runway.

"Crew helped me to be myself and opened my eyes to the fact that even the smallest moves can be big," said

current Hip-Hop Crew member, Jon Dodard.

The Sacred Heart University Hip Hop Crew gives students a place to build and develop their love of hip hop dance during their time on campus by offering them dance education and classes, performance, and competition.

"We are excited to meet those interested and see some new faces. Be on time and come ready to dance," said Cherniske.

For additional information and any questions please contact Professor Maria Cherniske at cherniskem@sacredheart.edu

Fashion and Style: Apricot Lane Boutique



GIANNA IANNOTI/SPECTRUM

THE FRONT DISPLAY WINDOW OF TASTEFUL BOUTIQUE, APRICOT LANE, LOCATED IN DOWNTOWN FAIRFIELD

BY **STEPHANIE MILLER**
Staff Reporter

Being on a college campus, you're going to find a lot of different styles and trends that will catch your attention.

There are many little boutiques and stores that you can find to go along with different styles. Some Sacred Heart students have chosen to explore Apricot Lane located in downtown Fairfield.

Apricot Lane is an apparel store that is targeted towards women around the ages of 18 and older. This California-inspired boutique is all about the latest trends in fashion. The boutique sells casual, formal, and in-between attire.

The said goal of the boutique is to have a mother-daughter concept, meaning girls that are young and in college can wear the same clothes as an older woman around the ages of 25 and up to 50 could wear.

Apricot Lane has a collection of clothes that come from all different brands. Some of the brands that are available in the store are Free People, Vintage Havana, People's Project LA, Splendid, and Parker.

"These brands are carried in our store because they can be worn regardless of age," said owner of Apricot Lane, Diane Holtz.

Being that young college students drive about 50% of the business, it needs to be a reasonably priced option within the college budget. Holtz's main goal for the boutique is to continue everyday making it a better place for people to shop at and improving the store as a whole.

"Good, better, and best with cute apparel is my strategy in the fashion industry," said Holtz.

Apricot Lane has been in business and influenced by Holtz for nearly five years. Her main competitors she explains, are everyone.

"The right fashion at the right time and right price is the driving force behind the store," said Holtz.

Holtz's passion keeps her business going with the competition.

"The best kind of marketing is where people love coming to the store and leave happy," said Holtz.

Arts & Entertainment

Fierce Females: Rihanna, Sia, & Tori Kelly

An Overview of their Newest Albums

BY SYDNEY RUGGIERO
Staff Reporter



COVER ART FOR SIA'S NEW ALBUM "THIS IS ACTING"

After much anticipation, on Jan. 29 three of the music industry's most popular female recording artists released their latest albums. Rihanna with her album "Anti," Sia's album "This Is Acting" and Tori Kelly's release "Unbreakable Smile."

"I really love Rihanna's new album 'Anti' so far. It is so different and each song is so fun and energetic. Well done Rihanna," said sophomore Caroline Aronson.

"Anti" had one million downloads within the first 15 hours of the album release. Her album is also number one on iTunes and her song "Work" came in at number five.

"Work" is fire. I love her music," said senior Danielle Berube.

Rihanna also had some collaborations on the album. The featured musicians on "Anti" include fellow artist Drake on the track "Work" and SZA on "Consideration."

Rihanna's world tour "Anti" begins in late February.

Sia's new album, "This Is Acting" has so far peaked at number four on the iTunes Top Album list. Sia's previous album, "1000 Forms of Fear," was her first number one album on the Billboard 200.

"Sia's new album is amazing. Her different beats make her so unique," said freshman Shayna Wilson-Havens.

If you've ever seen Sia perform, you know she prefers to cover her face with either a large hat or face-covering wig.

Sia's hit song "Alive" is featured on the new album and is just one of twelve new tracks released (fourteen if you purchase the deluxe version of the album). Sia wrote all of the songs herself on "This Is Acting."

Sia will be going on tour in mid-April, and her European tour includes stops in Denmark, Sweden, Finland and Russia.

"Sia's voice is sick. She has such a different sound and image. She is a great performer. I can't wait to see what she is going to do next with her music," said junior Alex DeChino.

Tori Kelly is also making waves with her new album "Unbreakable Smile." The 23-year-old singer has come a long way. Some know her from her brief appearance on "American Idol," where she did not make it through to

the final 24 singers. Kelly continued to pursue music by posting YouTube videos of herself singing. In fact, her cover of Frank Ocean's song "Thinkin'" has roughly 17 million views.

"I think Tori Kelly is an amazing musician. I am so excited to listen to her entire album because I really loved her old album a lot. It's so different, it's so edgy and she's just a beautiful singer and a beautiful person all around," said freshman Marisa Tache.

"Unbreakable Smile" has quite a few collaborators featured on the tracklist. Daye Jack is featured on "Expensive," "I Was Made For Loving You" features Ed Sheeran, and "California Lovers" features LL Cool J.

"Her [Kelly's] new album is exactly what the music industry needs. Her pop-alternative style in 'Unbreakable Smile' is both refreshing and unique for this singer-songwriter, which is showcased in her effortless performance of any power ballad or pop anthem on the album," said senior Anthony Tartaglia.

Tori Kelly is also getting love from her fans at the popular college-run apparel brand, "Love Your Melon." An organization with the goal of giving a hat to every child battling cancer. Kelly is often seen rocking her "Love Your Melon" hat.

"Love Your Melon is obsessed with Tori Kelly because she always has their hats on. Her voice is amazing and she seems like such a sweet person," said senior Tori Lettierio.

Currently, "Unbreakable Smile" is number 18 on iTunes' list of top-selling albums.

Rihanna, Sia, and Tori Kelly's albums are all available for digital download on iTunes and other digital music platforms and streaming services. Physical copies of the albums are also available in stores.

ARTIST'S CORNER



"COLORS"

Rishabh Patel/ Sacred Heart University

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Arts & Entertainment

Movie Review: The Finest Hours

Warning: Contains Spoilers

BY NICHOLAS PIZZO
Staff Reporter



CHRIS PINE POSES WITH MEMBERS OF THE U.S. COAST GUARD AT THE PREMIERE OF "THE FINEST HOURS" AT TCL CHINESE THEATER ON MONDAY, JAN. 25, 2016, IN LOS ANGELES.

If you want to see a film packed with suspense, romance, thrills, and strong acting performances, look no further

than "The Finest Hours." This movie based on a popular novel stars Chris Pine, Casey Affleck, and Holliday Grainger, and it tells the true story of a Coast Guard crewman's conflict between love and service.

When we meet the main character of Bernie Webber (Pine), he is a nervous young Coast Guard crewman who meets the love of his life, Miriam Pentinen (Grainger). The two of them inevitably become engaged, fully aware of the dangers of Webber's career.

Webber overcomes incredible obstacles throughout the movie, piloting a lifeboat through a snowstorm to save a stranded and sinking oil tanker. He does this all with the knowledge that he might not return to see his future wife.

The film depicts this epic tale extremely well, combining excellent filming with stunning CGI imagery. The shots in which we see Webber piloting the incredibly compact lifeboat into the bone crushing waves made me sit back in shock at what these people went through.

I also was impressed with the acting performances as well as the pure chemistry between Pine and Grainger. I found their love to be convincing, especially in the instances when they were apart due to Webber's rescue mission. Grainger's character of Miriam Pentinen was also

enjoyable as she was very commanding and concerned with her fiancé and his dispatch into almost certain death.

The script felt natural and had a general period-film tone to it, having taken place in the early 1950s. Right from the start you felt like you were in the film with the characters and the acting performances definitely enhanced this.

The costume and prop design for the film were also period appropriate, as each character was dressed in early 1950s clothing and driving period accurate cars.

In regards to the score of the film, which was composed by Carter Burwell, it added another layer to the picture. It helped set up scene changes and plot development. It set itself right within the confines of the story quite nicely.

The film had grossed \$10.3 million in North America as well as \$1.6 million overseas as of Jan. 31.

Overall, I rate this movie a 7/10. I thought it had very compelling acting performances as well as an intriguing story. I wasn't completely overwhelmed with the film but I am very glad I saw it.

A Preview of The 58th Annual Grammy Awards

BY MELISSA O'ROURKE
Staff Reporter

On Monday, Feb. 15, the 58th annual Grammy Awards will air on CBS. The awards will be held at the Staples Center in Los Angeles, Calif. and for the fifth year in a row, LL Cool J will be the show's host.

This year's Grammys will include performances from several award nominees including Pitbull, Adele, The Weeknd and Justin Bieber. These artists are rumored to perform some of their most popular, chart-topping songs including "Sorry," "Can't Feel My Face," and "Hello."

Other performances will include a tribute to the late David Bowie by Lady Gaga. She is said to be performing some of his classic songs in his honor.

"I'm excited to see Lady Gaga's tribute to Bowie because he was one of my favorite artists," said sophomore Joseph Durante.

The "big four" categories at the Grammys, "Album of the Year," "Record of the Year," "Song of the Year," and "Best New Artist of the Year," will be some of the most sought-out awards of the night.

The nominees for album of the year include Taylor Swift with her album "1989" featuring songs like "Blank Space," "Out of the Woods," and "Shake It Off," The Weeknd with his album "Beauty Behind the Madness" including songs such as "Can't Feel My Face," and "The Hills" and Kendrick Lamar with his latest album "To Pimp a Butterfly."

As one of the front-runners Taylor Swift not only has the support of voters with seven overall nominations, but also has support from many devoted fans.

"I want Taylor to win because she's so talented and I love the lyrics to her songs. I love 'Wildest Dreams' the most," said sophomore Emily Shenk.

For "Record of the Year," Mark Ronson's popular song "Uptown Funk" featuring vocals by Bruno Mars earned a

nomination.

The song held the number one spot on the Billboard Hot 100 for 14 weeks in 2015, and the music video received almost 1 billion views online.

Ed Sheeran with "Thinking Out Loud," was number two on the Billboard Hot 100. "Can't Feel My Face" by The Weeknd and "Really Love" by D'Angelo and the Vanguard also received nominations. Lastly, "Blank Space" by Taylor Swift became the most viewed music video in Vevo history in Oct. 2015.

"I'd pick Taylor Swift to win because I don't like the other nominees," said junior Erica Gentile.

The competition for "Song of the Year" includes nominee Kendrick Lamar with "Alright," and Little Big Town with their country hit "Girl Crush," which spent 13 weeks at the number one spot on the Hot Country Songs Chart. "See You Again," which was featured in the film "Fast and Furious 7" as a farewell to late actor Paul Walker, was also nominated for the award. The song went beyond the movie and spent 12 weeks at number one on the Billboard Hot 100 charts.

Other nominees include the ever-popular Ed Sheeran and Taylor Swift. Dedicated fans are excited and hope for their favorite artist to take home the award.

"I think Ed Sheeran should win song of the year because he is an underrated artist and he's really good," said freshman Morgan Gudelski.

The nominations for this year's 'Best New Artist' went to Courtney Barnett, James Bay, Sam Hunt, Tori Kelly, and Meghan Trainor, who all released breakout hits this past year.

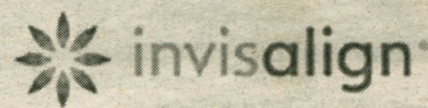
You can tune into the Grammy Awards on Feb. 15 at 8 p.m. on CBS.



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Sports

Sportsmanship a Core Value for Pioneer Athletics

BY TYKERA CARTER
Staff Reporter

The 2015 Sacred Heart Pioneer football team and the men's and women's cross country team were both honored with the fall Northeast Conference (NEC) sportsmanship award. This award is given to the teams in the NEC who display good sportsmanship while competing in their sports.

According to the Sacred Heart student-athlete handbook, "The essential elements of sportsmanship and ethics in sports are embodied in the concept of character building and seven core principles."

Based off of these principles, a winning attitude has been put in place for the women's cross country team as they won their third consecutive NEC title this past fall and fourth in school history.

"I think sportsmanship helped me individually," said junior Shannon Hickey. "Cross country is a very hard sport, both mentally and physically."

"It's easy to get into a pattern of thinking it is all individual, since during a race you can't really have a teammate help you out at all," said Hickey. "This past season we made sure that we created a really strong team environment."

Hickey feels encouragement from her teammates helps her perform better.

"Every member of the team was very active in encouraging each other. During races it helped me push myself when I heard teammates cheering for me. And when I was watching my teammates race, I would cheer for them as much as I could," said Hickey. "This type of positive team environment helped everyone, I think. We all wanted to run as fast as we could to help the team score better."

Hickey was named an all-NEC performer this past season.

Senior runner Sean Ferguson of the men's cross country team went down in history by becoming the first individual male champion in the program's history. This is the first time the team has won the sportsmanship award in his four years of running for the Pioneers.

"It's really a nice award to win. I think sportsmanship is something that can go a long way, I find that especially in running," said Ferguson. "Sportsmanship is kind of something that is understood, that we know is kind of expected of us as athletes."

This is the second time the football team has won this award in the past three years while finishing 3-3 in NEC play and 6-5 overall this past season.

"Winning this award shows that we're recruiting the right student-athletes," said head football coach Mark Nofri.

With the Pioneers adding twenty-one new players to their 2016 roster this upcoming fall, recruiting the right players to display good sportsmanship is a core value for the program.

"We are not only winning conference championships; we also have a team with a high GPA, with so many kids having over a 3.0," said Nofri. "It's not only about having a winning record; it's about representing the team and university."

Nofri elaborated on the importance of representing the university and football program in the best way.

"The logo never comes off. If you're wearing Sacred Heart University, wherever you are and whatever you do, eyes are always on you. So we try and make sure the kids do the right thing on and off the field," said Nofri.

Senior wide receiver Moses Webb feels as though sportsmanship is about more than just sports: it's about life.

"Sportsmanship is a key value in any sport that, personally, I feel should be stressed by the coaches. It is easy, especially in college athletics, to shy away from the idea of sportsmanship and just key in on winning," said Webb. "Our coaches emphasize that this game is more than a game, meaning that this game teaches life lessons and the core value of respect."

"Win or lose, displaying respect towards a competitor in a positive way is my real definition of what good sportsmanship is," said Webb. "Sacred Heart Football is a good showing of what good sportsmanship is."

Both the football and men and women's cross country team will start up competition again in the fall of 2016.

PlaybyPlay

Men's Tennis

2/7

Sacred Heart 7, St. Francis Brooklyn 0

Wrestling

2/7

Bucknell 39, Sacred Heart 0

Princeton 39, Sacred Heart 4

COMINGup

Men's Fencing

SACRED HEART @

NYC Tournament

Wednesday, Feb. 10 at 6 p.m.

Women's Fencing

SACRED HEART (0-0) @

NYC Tournament

Wednesday, Feb. 10 at 6 p.m.

Offseason Offers Opportunity

Men's and Women's Lacrosse Looking for Bounceback Seasons

BY ALEX PADALINO
Staff Reporter



ALEX PADALINO/THE SPECTRUM

SENIORS JENNA LILJEBERG (LEFT) AND JESSLYN JOSEPH PREPARE FOR ANOTHER TOUGH SEASON WITH THE PIONEERS

There is a common goal, a unifying passion that brings together the men's and women's lacrosse teams at Sacred Heart University. They are aiming to be better than last season, working on all aspects of their game to improve the lacrosse program as a whole.

Both teams are dominated heavily by senior leadership, but also have a strong freshman and sophomore presence. Last year was one of the largest recurring classes to date. The seniors are confident the teams will be well led in years to come.

The men's team, under the direction of head coach Jon Basti, had a 6-7 record last season. They will play a total of 16 games this season, six against conference rivals. Their first game will be away against Lafayette on Saturday, Feb. 13.

"In Division I lacrosse, every game is important. It's not more important than any other game. We beat them by three or four last year. They will be well coached and well prepared, and we look forward to the challenge," said Basti.

There are four captains on the men's lacrosse team, all seniors who value the continuity of the team, knowing that their ability to work together will result in on field success. The team has a rigorous fall practice schedule which allows for extensive preparation.

"I think this year we have more chemistry as a team," said senior captain Nick Fairley. "We are working a lot harder on and off the field, in the classroom, with community service, in the weight room, everywhere."

Each year, the captains of the team come up with missions that they will attempt to accomplish throughout the season. They help the team to stay focused while promoting unity. The word mission is important to the team.

"Goals come and go; missions need to be accomplished," said Basti.

The team's missions for the year include a 3.2 grade point average for each member of the team, over 1,000 hours of community service, to make the Northeast Conference (NEC) playoffs, and to win the conference title.

Laura Cook, head coach of the Sacred Heart women's lacrosse team, knows that her team is on the playoff bubble,

and is looking to coach her team to a postseason run she knows they are capable of.

"We lost each conference game by one goal last year," said Cook. "The girls have a sour taste in their mouths and with that experience, I think we will be able to win those close games."

After going 7-9 last season, Cook's team will start off the season at Marist on Sunday, Feb. 14. Led by three senior captains, they will aim to play well into the spring months. Offseason preparation has prepared them to do so.

The senior captains' thoughts are in line with that of their coach. It is important for them to lead the team to the playoffs this year in order to graduate having played college playoff lacrosse.

"We haven't made the playoffs since we've been here," said senior captain Jenna Liljeberg. "That is our ultimate goal. A championship would be awesome."

The entire team, from the freshmen to the senior class, realizes the importance of this season.

"I think that the work ethic at practice and in the weight room has improved," said senior captain Jesslyn Joseph. "Freshmen are working as hard as seniors and everyone is always very positive."

As their senior year comes to an end, the captains on both the men's and women's team will miss all aspects of playing lacrosse at Sacred Heart University.

When asked what she would miss most, Joseph said, "Getting out there every day with a group of brothers that I can hang out with, that I love working hard with."

Sports

Super Bowl 50: Defense Leads Broncos Past Panthers

BY SHAWN SAILER
Sports Editor

The saying is defense wins championships. That was proven in Super Bowl 50 as the Denver Broncos defeated the Carolina Panthers 24-10. It was a game filled with turnovers and ugly play. The Broncos won the game due in large part to their defense. Linebacker Von Miller was named the Most Valuable Player of the Super Bowl.

Denver started fast as Brandon McManus kicked a 34-yard field goal with 10:43 left in the first quarter. That was followed up by a sack and forced fumble of Cam Newton by Von Miller which was recovered by Malik Jackson in the end zone for a touchdown. The Broncos led 10-0 with 6:34 left in the first quarter.

The Panthers got on the board with 11:25 to go in the first half as Jonathan Stewart went over the top of the offensive line from one-yard out to cut the deficit to 10-7. McManus made another field goal with 6:58 left in half and at halftime, the Broncos held a 13-7 lead. The first half saw three turnovers, two by the Panthers and one by the Broncos.

McManus drilled a 30-yard field goal to extend the Broncos lead to 16-7 with 8:18 left in the third quarter. That would be the only score for either team during the

quarter.

In the fourth quarter, following a fumble by Peyton Manning, Graham Gano kicked a 39-yard field goal to cut the deficit to 16-10.

With the score 16-10, Carolina got the ball back with 8:53 left, with a chance to take the lead. The Panthers would go three and out as a 5-yard false start penalty really hurt their chance at putting a drive together. On third and 14, Newton found Jericho Cotchery for an 11-yard gain. Had it not been for the penalty, that would have picked up a first down and continued the drive. However, Carolina was forced to punt.

On the next Panthers possession, Miller got his second sack and forced a fumble of Newton in the game with 4:04 left at the Panthers 16-yard line. That led to a C.J. Anderson two-yard rushing touchdown to ice the game. The Broncos converted a two-point conversion when Manning found Bennie Fowler in the back of the end zone to put Denver up 24-10.

The Broncos defense did a great job at containing Newton and the Panthers offense. Despite allowing a good amount of yards, Denver did a good job at keeping Carolina out of the end zone. During their 15-1 regular season, Carolina led the league with 31.3 points per game. Denver's defense held Newton to 18-41 passing for 265

yards with no touchdowns and one interception. Newton was also sacked six times in the game.

If you just look at the statistics of the game, you would have thought the Panthers won the game easily. Carolina outgained Denver 315 to 194 in total yards. They also converted 21 first downs to the Broncos 11. Time of possession favored Carolina 32:47 to 27:13.

Penalties and turnovers were a big detriment to the Panthers. They had 12 penalties for 102 yards, while Denver only committed six for 51 yards. The teams combined for six turnovers in the game. Carolina had four, while Denver gave the ball to the Panthers twice. Two of Carolina's turnovers turned directly into points for the Broncos.

In my Super Bowl preview, I predicted the Broncos would win 24-21. I did not expect the Denver defense to contain Newton and hold the Panthers offense down as well as they did. I also predicted and hoped Manning would win Super Bowl MVP and announce his retirement at the podium. Neither of those happened. I feel as though Manning gave some comments in the postgame that make it seem like he is going to retire but he didn't want to announce it right after the game. In terms of the MVP, Miller was by far the most deserving player. Had it gone to Manning, it would have only been sentimental, not deserving.

Joshua Salah Finds Continued Success in Malaysia

Sacred Heart Alum Wins Championship Abroad

BY ANDREW ROACH
Staff Reporter

As the second half of the golfing season for the Sacred Heart University Pioneers approaches its start date of Thursday, March 3, a former alum continues to make headlines.

2013 Sacred Heart graduate Joshua Salah has been playing professionally for the past two years. He recently experienced his first taste of success at the professional level.

Salah won the PGM CCM Rahman Putra Championship in Malaysia on Jan. 30.

Salah's success didn't happen overnight. While at Sacred Heart in 2012 as a junior, Salah was named the 2012 NEC Golfer of the Year after a stellar third season. During his Junior campaign he posted five top-10 finishes over the course of the season.

Salah also entered his senior season on the All-New England team, chosen by the New England Division I golf coaches. While being All-New England, he also earned respect from his peers by being voted team captain.

Former Sacred Heart teammate, senior Connor Donnelly, had great things to say about Salah's recent success in Malaysia.

"Super big for him. He's been working his tail off since he was in college. One of the hardest working guys that I know," said Donnelly. "For him to get one [championship], hopefully now you'll see him win two or three now because the toughest one is getting the first one done."

Donnelly had great things to say about Salah as a player and a person.

"Great guy, definitely the hardest working golfer I personally know," said Donnelly. "When he was my captain during the course of my freshman year, he was super helpful and always there for me if I needed anything."

Salah, in seeking out his first Asian Development Tour (ADT) title, he shot a 66 six-under-par at the PGM CCM Rahman



JOSHUA SALAH POSES WITH THE PGM CHAMPIONSHIP TROPHY

Putra Championship.

Golfer Shunya Takeyasu of Japan forced Salah to play his best game yet. Takeyasu took the first win of the day by closing Salah off on the last hole, shooting 14-under-par, where Salah finished second shooting just 11-under-par.

"Last year, I struggled a little bit, but as the year got on, I felt more comfortable. I played week after week and felt that I was good enough and that I belonged here. I was disappointed with the Qualifying School but I knew I had what it takes to win out here. I couldn't have done it

without last years' experience on the ADT," said Salah to the Asian Development Tour.

It wasn't easy for Salah, taking him to the wire and winning by a mere stroke. Thanks to two closing birdies, he was able to finish on 17-under-par with a total final of 271. Takeyasu finished right on Salah's heels at 16-under-par with a total final of 272.

Salah's former head coach at Sacred Heart, Matt McGreevy, is very happy to see the success his former player is having.

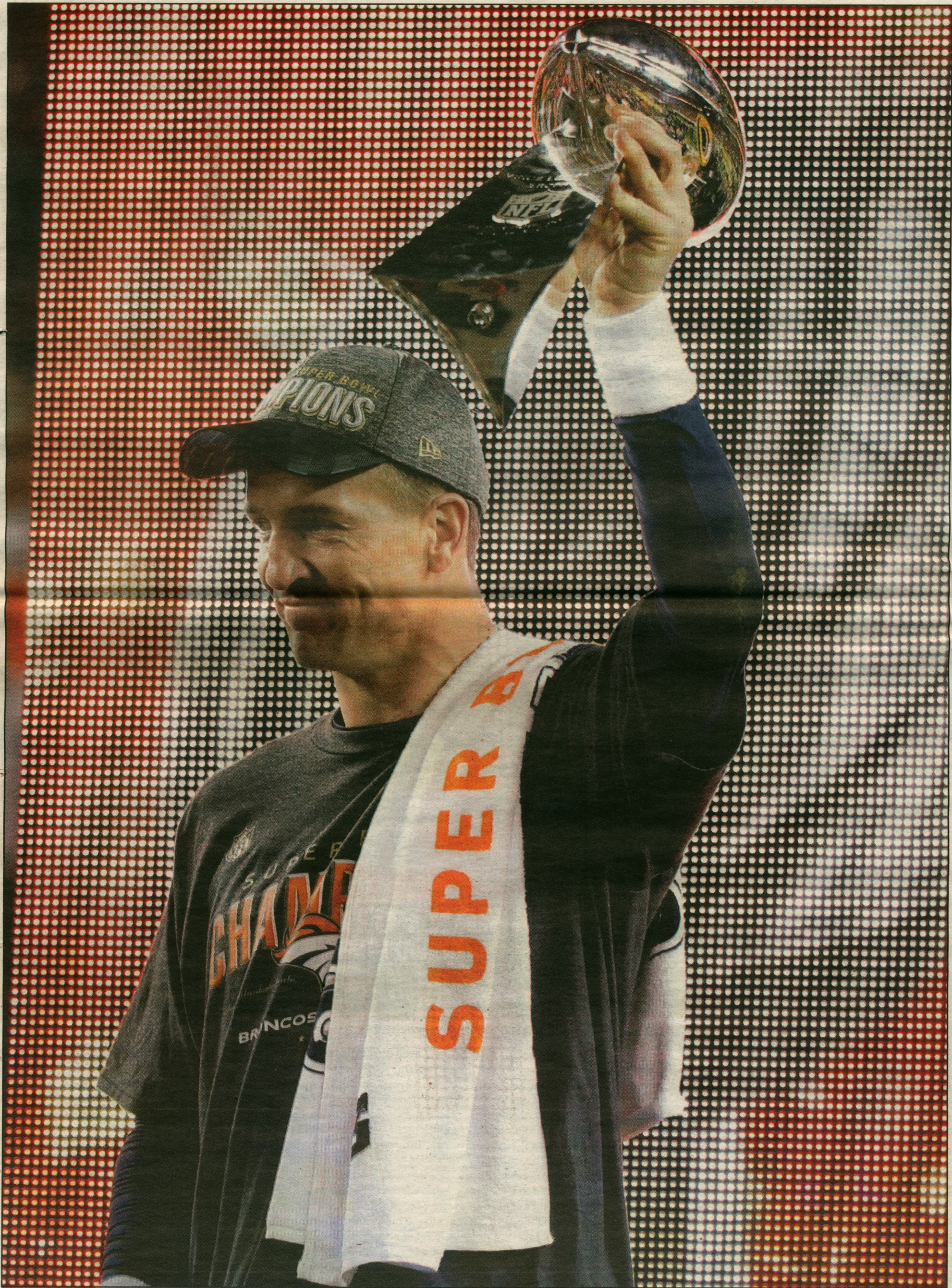
"Josh has already made the program proud, and it speaks volumes to the kind

of young men and women we have here," said McGreevy. "They all work hard at what they do and possess great character. Hopefully we can have many more individuals succeed in the future after their careers here as Josh did."

As Salah continues to seek out more future success going forward, he definitely has the support of his former teammates behind him.

"A bunch of us were texting him after we found out he won, congratulating him and wishing him the best as he continues to move forward," said Donnelly.

Sports



DENVER BRONCOS' PEYTON MANNING HOLDS UP THE TROPHY AFTER THE NFL SUPER BOWL 50 FOOTBALL GAME. THE BRONCOS BEAT THE PANTHERS 24-10.

AP PHOTO/MARCIO JOSE SANCHEZ